

Cheat Sheet: Use common sense!

Personal hygiene, prevent cross-contamination, prevent T/T (time and temp) abuse with TDZ (temp danger zone), purchase from reputable suppliers, frequent hand washing!

1. TDZ= 41-135 degrees for potentially hazardous foods for more than 4 hours
2. Acidity: 4.6-7.5 = slightly acidic or neutral
3. biological- must be seen with microscope- microorganisms, fungi, yeasts, etc.
4. chemical- toxins from metal or cleaners, etc. Store away from food and should be applied by professionals!
5. physical- physically falls in the food- glass, hair, staples, etc.
6. Food borne-illness outbreak: incident with two or more people getting the same illness after eating the same food.
7. common allergies: eggs, peanuts, shellfish, milk
8. Clean means body, clothes, counters, equipment and the food
9. Washing for 20 seconds means rubbing for 10-15 seconds, not running the water, with water temperatures of at least 100 degrees.
10. Wear gloves when touching food that will not receive any further cooking
11. Avoid Cross-contamination & purchasing from reputable sources keeps food safe
12. Temperatures: Check fridge in the warmest part- top, on door...
 - a. receiving meat: 41 (beef is cherry red, lamb is light red, pork is pink, poultry and fish should not smell or be discolored)
 - b. receiving live shellfish- 45 and closed and smell like the ocean
 - c. receiving live crustaceans- 41
 - d. cheese, produce, and other refrigerated foods- 41
 - e. frozen foods: receive at 6-10 degrees w/pkg intact, hold at 0
 - f. MAP, sous vide and vacuum packed- 41
 - g. dry food- stored at 50-70 and low (50-60) humidity-fifo
 - h. receive hot foods- 135 or higher
13. discard prepared foods after 7 days
14. two stage cooling: cool from above 135 in two hours to 70 and then 4 hours to get it below 41.- cool by reducing size, blast, ice-bath, stir
15. Cooking temps:
 - a. poultry, stuffed foods, reheated, microwaved PHF foods- 165- must be served immediately and be sure to stir and rotate during cooking.
 - b. ground/chopped or minced, or injected meats- 155
 - c. eggs, pork, beef, fish, veal, lamb- 145
 - d. commercially processed, ready to eat hot foods- 135

16. Thaw foods with 70 degrees or colder, potable running water, changed frequently!
17. Check temps with bi-metallic thermometer in the thickest portion- not by bone or fat.
18. Hot hold above 135 and check every 4 hours- regardless of where you serve- offsite, vending, etc
19. holding food, below 70degrees, must be discarded after 6 hours
20. First step to: HACCP (Identify points to prevent, eliminate, or reduce hazards to a safe level.) principle is conduct hazard analysis, determine CCP's, establish critical limits, monitor with a thermometer, identify, corrective actions, verify that system works, and keep records
21. Hazard Analysis is to identify foods, group by process and determine the hazards. Monitor with a thermometer.
22. Critical control points are heating, cooling, hot holding and reheating.
23. Flow of food- purchase, receive, store, prep, cook, hold, cool, reheat & serve.
24. FATTOM- Food, acid, time, temperature, oxygen, and moisture
25. Spore: When nutrients are not available, dormant microorganisms form a thick wall and can survive high temps and low moisture or high acid. Capable of turning into vegetative (capable of growth) if stored/held/cooled improperly.
26. Food borne infection: person eats pathogen which grows in intestines and caused illness. Typically symptoms do not appear immediately.
27. Food borne intoxication: person eats toxin that causes illness. Symptoms occur quickly- within a few hours.
28. Food borne-toxin mediated infection: person eats pathogen which then produces illness, causing toxins in intestines.
29. Bacteria is most common form of food borne illness- mostly protein, slightly acidic or neutral.
30. Contamination is the presence of harmful substances.
31. Wash fruits & vegetables before prep- but not raw meat or eggs.
32. Eggs cannot be held and should not be held-(Pooled)
33. Store foods in fridge according to possibility of cross contamination: bottom for raw, top for ready to eat.
34. Smoking contaminates food from saliva more than the smoke.
35. Food contact surfaces should be easily cleaned, nonabsorbent, the best is stainless steel.
36. Light fixtures should be covered to prevent broken glass in food/surfaces.
37. Master cleaning schedule tells when, how often and who should do what!
38. Back-up of sewage/infestations of pests/= CLOSE ESTABLISHMENT!
39. Confirmed employee with food borne illness- contact the health department.
40. Potable water- drinkable. Never mix unknown sources and potable.